



2013 ROWING SEASON

Junior Program

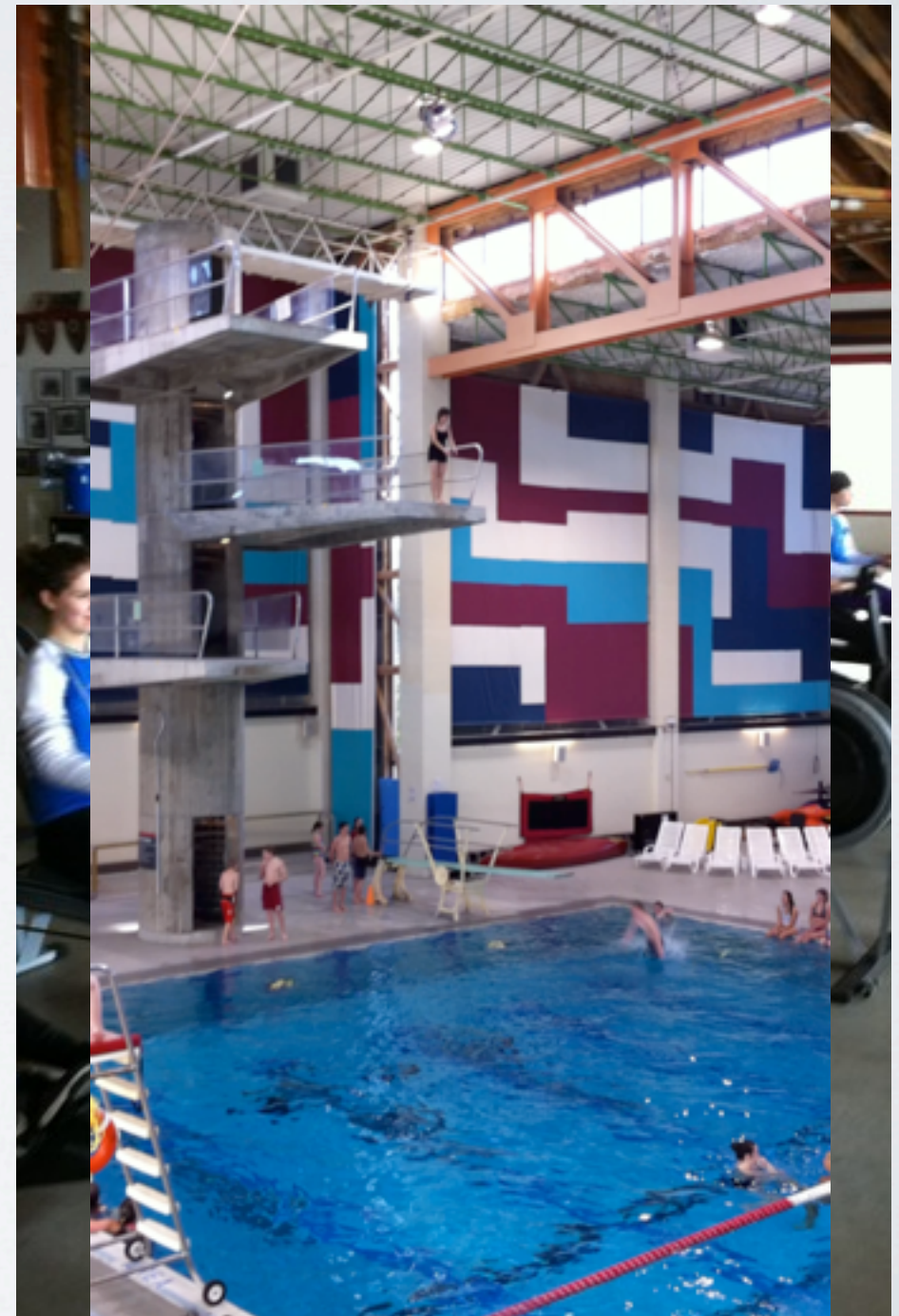
OVERVIEW

- Current status
- Coaching structure
- 2013 Goals
- Pathway for rowers
- 2013 Season



CURRENT STATUS

- ORC Junior Development and Competitive programs training at Carleton in the afternoons
- Focus on technique
- Swimming, core workouts, stretching for both groups. Weight training only for competitive program



CURRENT STRENGTHS

- Crews are developing good technique
- Fairly good attendance and commitment
- Overall a good atmosphere



COACHING STRUCTURE

- Two lead coaches (Junior Men Lead Coach, Junior Women Lead Coach) for the competitive program with support coaches
- One lead coach (and support coaches) for the entire development program
- Roll of lead coaches and support coaches



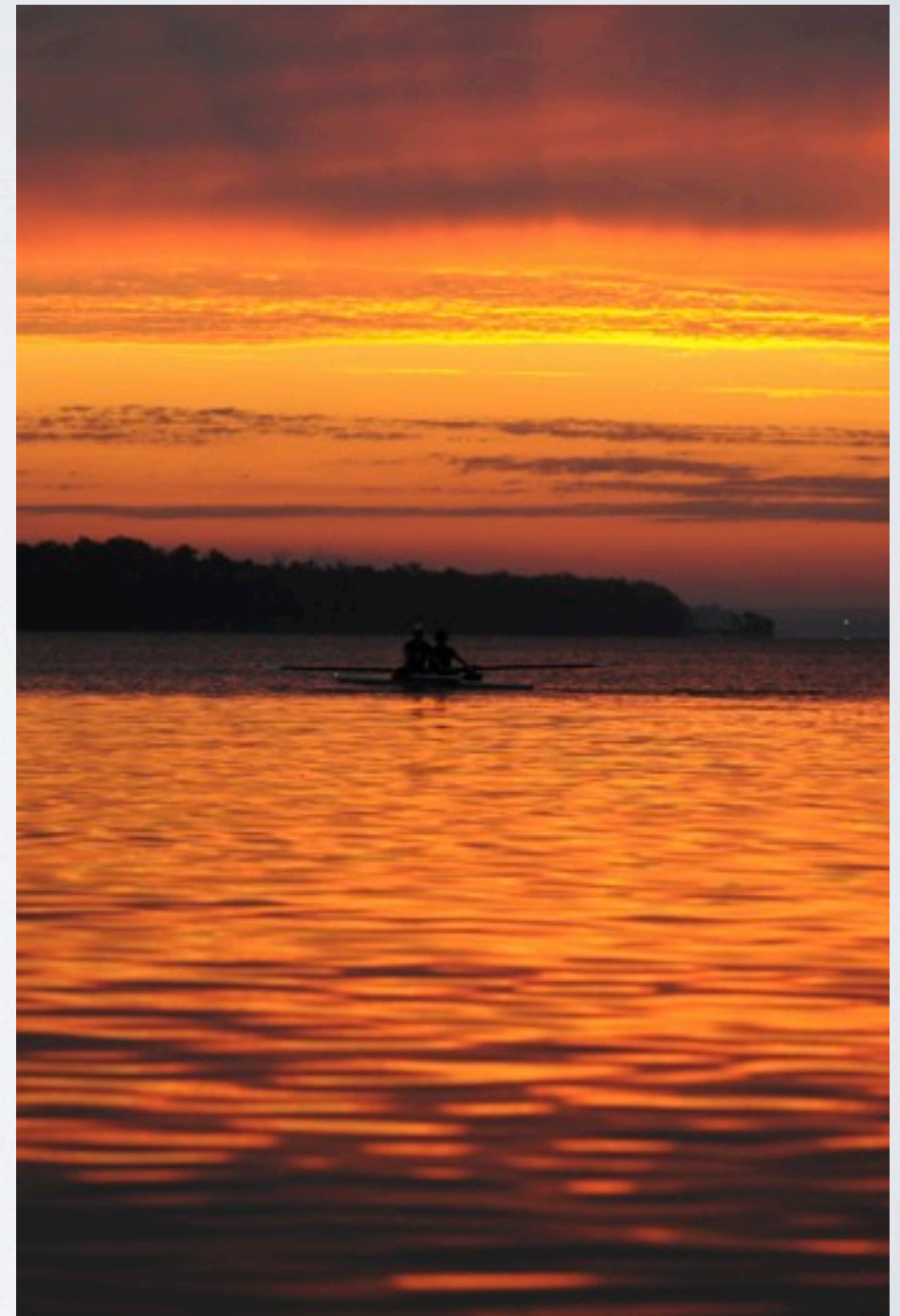
New coaching structure being put into place. Currently Mr. Tang is in charge of the entire Junior Program, but soon there will be two junior lead coaches. Support coaches will also be put into place as well.

Coaches are asked to have the following items
Police Check
Motor Boat License
First Aid
Ontario Accessibility Standard for Customer Service

Coaches encouraged to take coaching courses being offered by RCA (here in Ottawa). Please see Ottawa Rowing Club webpage for more details. Youth Rowing Coach on March 2-3 is something brand new.

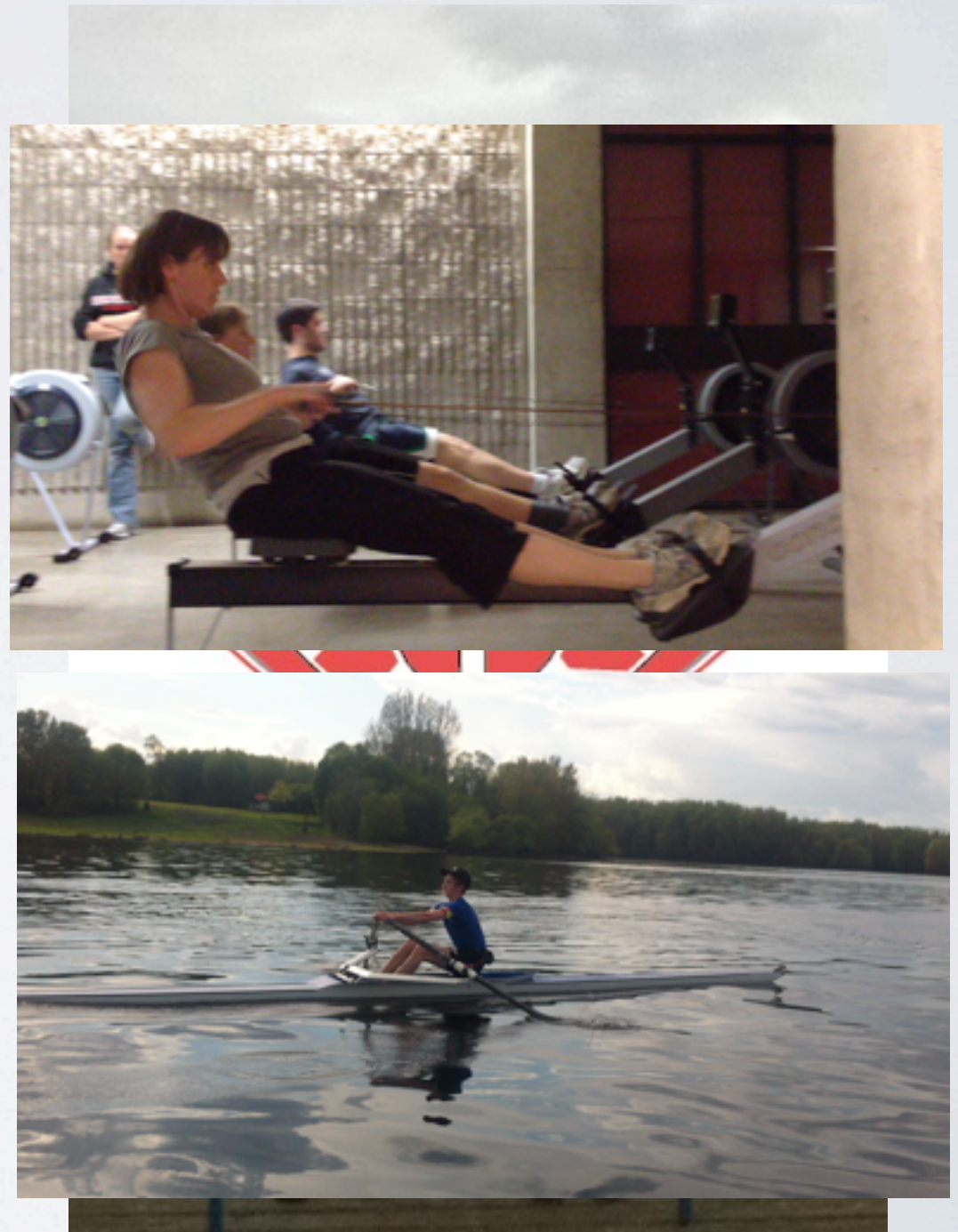
2013 GOALS

- Create crews that strive to make the club better and to enjoy rowing
- Create competitive crews that will be competitive in all regattas and to be leaders in the club
- Create a Talent ID Program to attract rowers of all levels



PATHWAY FOR ROWERS

- Current pathway
- Talent ID
- Future pathway



Current pathway is for a rower to start in the Introduction to Competitive Program, then join up with the Development Program, and then if the rower wants to, join up with the Competitive Program. Currently there is no true set criteria for when one could move from one program to the next.

Recruitment needs to be more diverse. Talent ID could be first stepping stone towards making the Junior Program more diverse. Mr. Hawksworth will be running a Talent ID in March for able body and disabled body rowers. Another suggestion was to do presentations at Phys Ed PD Day as well as at high schools across Ottawa. Mr. Gilmore will be trying to set it up.

SPRING

(APRIL - JUNE)

- Transition from Carleton back to the ORC
- Ergatta, ERA, ORC Regatta, CSSRA
- Development Program (Monday to Friday afternoon, and Saturday morning)
- Competitive Program (Monday to Saturday mornings only)

ORC DEVELOPMENT UNIFORM

- Order from Row West
(<http://rowwest.com/clothing/>)
- ORC Long Sleeve Dark Sky
- ORC 2013 T-shirt



SUMMER

(JUNE - AUGUST)

- Transition to summer season
- Development Program (Monday to Thursday twice a day, once on Saturday)
- Competitive Program (Monday to Friday twice a day, and once on Saturday)
- Competitive Program to attend three regattas (ERA, RowOntario Championships, Canadian Henley)

ORC DEVELOPMENT COMPETITIVE UNIFORM

- Order from Row West
(<http://rowwest.com/clothing/>)
- ORC Hat
- ORC Uni Suit
- ORC 2013 T-shirt



FALL

(SEPTEMBER - OCTOBER)

- Transition to fall season
- Development Program (Monday to Friday in the afternoon and Saturday morning)
- Development Program to attend two regattas (Burnstown, Head of the Rideau)
- Competitive Program (Monday to Saturday morning only, and one session per week of Yoga)
- Competitive Program to attend four regattas (Head of the Rideau, Head of the Trent, Contre Courant Boucherville, Head of the Charles)

WINTER

(NOVEMBER - DECEMBER)

- Transition to winter season
- Development program trains two to three days a week
- Competitive program trains four to five days a week

SOURCES FOR INFORMATION

- Ottawa Rowing Club Webpage
(<http://www.ottawarowingclub.com>)
- ORC Junior Competitive Wikispace Page
(<http://orcjuniorcomp.wikispaces.com>)
- ORC Junior ICR-Development Wikispace Page
(<http://orcjunioricr-dev.wikispaces.com>)

